

Senior Center Gazette

June

2002

June 12 - "Romeo and Juliet"

Irvington High School Drama students will perform scenes from Shakespeare's "Romeo and Juliet" on Wednesday, June 12, 12:45-1:45 PM. The world's most enduring love story, "Romeo and Juliet" is a masterpiece of lyric poetry. It is a story of star-crossed lovers, whose struggle for love and happiness in spite of familial opposition, ends in tragic death. Students will be performing scenes and monologues of this enchanting classic. Please join us for this very special engagement with Irvington High School students.



Senior Expo 2002: Connecting People and Ideas" in Sacramento

On Saturday, June 1, a bus will leave the Fremont Senior Center for the Senior Expo in Sacramento, from 9 a.m. to 3 p.m. at the Sacramento Convention Center. The Expo will host over 75 booths featuring current information and resources available to California's senior population. The Expo will also feature health screenings, special presentations on exercise and nutrition, home remodeling for independence, and many other projects to enhance seniors' lives. Sign up at the Senior Center Office.

Speakers in June

Tuesday, June 11 at 12:45 PM, Richard Bray of the Library Teen Senior Web Connection, will discuss a creative program providing teen tutors to senior citizens how to use the Library's Website, search the Internet, and use e-mail. Teenage volunteers and seniors arrange the number of times and sessions of computer work and training that takes place at the Fremont Main Library. Mr. Bray will discuss what you can learn with your teenage tutor and get you started in the process. Grandparents who want to correspond with your grandchildren by e-mail and learn to surf the web; this is the speaker for you!

Tuesday, June, 25, 12:45 PM, Ellie Strauss, Senior Fraud Fighter Bureau, will speak on fraud and crimes that affect senior citizens. All of us get calls from telemarketers, but did you know that some of them particularly target seniors? She discusses how to be alert to drug and food scams, how to protect yourself from identity theft, and much more. If you have any issues you would like Ms. Strauss to address, you can call Janice Anderman (790-6602) ahead of time or ask them at the meeting.

COMMUNITY SERVICES

SENIOR SERVICES	494-4550
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Caregivers Support	494-4268
Local van group trips for shut-ins	790-6607
Tri-City Elder Coalition	494-4896
LIFE ELDERCARE	494-4590
Home Services Registry	494-4576 or 494-4583
Meals on Wheels	494-4588
Friendly Visitor Program	494-4584
PARATRANSIT VAN Fremont/Newark	1-800-555-8085
Union City of Fremont	471-3232
HOUSING ASSISTANCE	494-4500
LEGAL ASSISTANCE FOR SENIORS	1-800-393-0363
SOCIAL SECURITY	1-800-SSA-1213
MEDICARE	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP)	839-0393
TRI-CITY HEALTH CLINIC	713-6685
SENIOR LIBRARY SERVICES	745-1499 or 745-1491
SENIOR PEER COUNSELING	494-4818
ALZHEIMER ASSOCIATION HOT LINE	1-800-660-1993

Birthday Party

Don't forget our monthly Birthday Party on Friday, June 14 at 1:30 p.m. Entertainment will be provided by Separate Checks, a trio of ladies with multiple talents and many costumes. Originally scheduled for the April Birthday Party, Separate Checks came down with bronchitis and had no voices to share. We are pleased to have them scheduled again, several asked about them. After their delightful entertainment, birthday cake, ice cream, and coffee will be served in the dining room. All seniors with June birthdays be sure to join our birthday celebration! Prizes will be awarded in a drawing of seniors present who have birthdays in June. (Thank you Editor Sam!)



Father's Day Celebration

June 17th lunch will be a special Father's Day lunch and celebration at noon. Wear your favorite cap or hat, prizes will be given for oldest hat, cap from farthest away, and cap with the best story.



Italian Night Dinner and Music

Tuesday, June 18th Riley is preparing a delightful Italian dinner and we will have Italian music to create the mood for a lovely evening in Italy.

Builders Fund Provides for the Senior Center

The Fremont Senior Center Builders Fund is a nonprofit organization founded in 1985 to raise funds to be used for equipment, programs, and services of the Senior Center. Over the years, they have provided entertainment and two \$10.00 cash prizes for the monthly Birthday Parties, Chess and Mah Jongg sets, kitchen equipment (including Riley's barbecue), and supplies and equipment. The Builders Fund has purchased card tables for the game room and pool tables. They have paid teacher's salaries when class fees do not completely cover the cost or when a teacher holds a class when the Fremont Adult School is on vacation. The Builders Fund support has provided many of the amenities that make our Senior Center the thriving and bustling place it is.

The Builders Fund invites everyone to become a member and participate in its work. Membership dues are \$5.00 a year or \$50.00 for a lifetime membership. They also want to encourage attendance at their monthly meeting, which is held in the Senior Center on the 4th Monday of the month at 9:30 a.m.

Coming Next Month & In the Summer

July 3 - Fourth of July lunch and celebration

July 12 - Lunch & Birthday Party - Luau - Na Mamo O Ke Anuenue A Kamakani - enjoy singing and dancing from the Islands - wear your favorite Hawaiian shirt or dress - enjoy our special Luau lunch.

July 9 - Speaker - Dr. Steve Camenson, Pressure Point Therapy Massage

August 9 - Wild Things - Animals for All to See and Learn About



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 494-4551 or (510) 494-4862.